



# InShape

## West Valley City Fitness and Recreation Center News

### Adult Dodgeball League

Men and Co-ed recreational dodgeball league for adults age 18 or older  
(Age 16-17 can play with signed youth activity form).

**Starts July 11, 2011**

**Games held on Mondays beginning at 6 p.m.**

**Team Captain Meeting June 27, 2011 at 6:30 p.m. at the West Valley City Family Fitness Center.**

**Team rosters will be 6 to 10 players with a \$17 fee per player.  
Registration deadline is June 27, 2011.**

**Team registration only. Teams will provide their own T-shirts.**

### Kidz Kamp Summer Program

**For boys and girls 5-11 years old**

Camp runs June 6 through August 26

*Themed weeks include:*

*Western Week, Medieval Week, Sports Week, Around the World Week, Super Hero Week, Under the Sea Week and more!*

**Monday – Friday  
7 a.m. to 6 p.m.**

Includes: field trips, arts & crafts, swimming, sports, Kidz Yoga, Kidz Zumba, silly games, rock climbing, yummy lunch, snacks and much more.

\$97 per week per child (\$87 per week for additional children) or \$24 per day per child  
**(No refunds or date changes)**

Register by Wednesday 1 p.m.  
the week prior to camp.

No late registrations or  
date changes accepted.



### Junior High Summer Program

Open to all current Junior High School  
Students who have completed 6th-9th  
grade & students  
12-14 years old.

Tuesday, Wednesday, Thursday  
June 14 – August 18  
11 a.m. to 2 p.m.

#### Cost

\$50 for entire summer program.

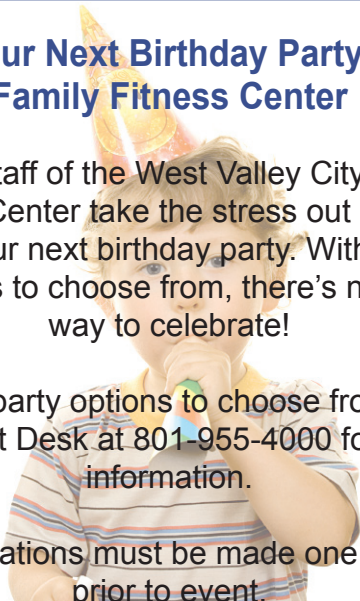
Program includes: lunch, field trips,  
games, leadership activities, rock climbing,  
swimming, sports and much more.

### Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family  
Fitness Center take the stress out of plan-  
ning your next birthday party. With three  
packages to choose from, there's no better  
way to celebrate!

Several party options to choose from. Call  
the Front Desk at 801-955-4000 for more  
information.

Reservations must be made one week  
prior to event.



#### DATE/TIME:

Saturday, June 25,  
2010  
Race start time is  
7:30 a.m.

#### REGISTRATION:

Register by mail  
(must be post-  
marked by June  
17) or at the Fam-  
ily Fitness Center  
(5415 West 3100  
South, West Valley  
City) or day of race  
6-7 a.m.

**Late fees may ap-  
ply – see below.**



#### ENTRY FEES:

Adults (18 & older) \$10  
Youth (17 & under) \$5

\*Families \$35 (up to six family members –  
each additional family member is \$5)

\* Family Definition: Family members must live  
in the same residence and be related.

**Entries received after June 17  
will have a \$5 late fee added.**

#### KIDS FUN RUN

For ages 8 and under.

FREE for family members of 5k participants  
and \$5 for all others.

Kids Fun Run registration form required.

#### INFORMATION:

For additional information, please call  
801-955-4000.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

